



Health & Wellness Services

Thank you for participating in the Quest Diagnostics Biometric Screening Patient Service Center program for COSB. To assist you in obtaining your free screening, we have outlined the steps for you below:

Step 1

Quest Diagnostics labs are the only approved labs for your free health screening. Go to: <https://my.blueprintforwellness.com> in order to register for your appointment. The registration process will identify the closest labs to your area. You will need your registration key in order to begin the process.

Registration Key: COSB2016

Please also see the below step by step screen shots of the appointment registration process.

Step 2

After registering and creating your Patient Service Center appointment, print your Blueprint for Wellness Confirmation page. Please retain and bring this confirmation page with you to your appointment. You can also add your appointment to your Outlook calendar for an appointment reminder.

Step 3

Fasting is recommended for this test (9-12 hours – only water and medication as prescribed).

Step 4

We will mail your results to the address provided in the registration process within 15 business days of your screening. Your results can also be accessed online through your profile that you created during the registration process. Your results will be available online 3-5 days following your screening. Please visit <https://my.blueprintforwellness.com>.

Step 1



Quest Diagnostics

MY Blueprint for Wellness

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NEW PARTICIPANT

Enter your Registration Key here:

Provided by plan administrator.

SUBMIT

RETURNING PARTICIPANT

Username:

Password:

SUBMIT

Forgot Username or Password?

are the **only** approved labs for your Know Your Numbers health screening.

Log on to:

<https://my.blueprintforwellness.com>

Enter the registration key in order to begin the process.

Registration Key: **COSB2016**

Step 2



Quest Diagnostics

MY Blueprint for Wellness

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Welcome

Schedule your wellness screening.

PARTICIPANT INFORMATION

When entering your log-in information please use first name, last name and DOB (MMDDYY) with no spaces (i.e. JohnDoe01011970) and click submit twice.

First Name, Last Name, Date of Birth:

Confirm First Name, Last Name, Date of Birth:

Date of Birth:

Are you an employee: Yes ☐ No ☐

SUBMIT

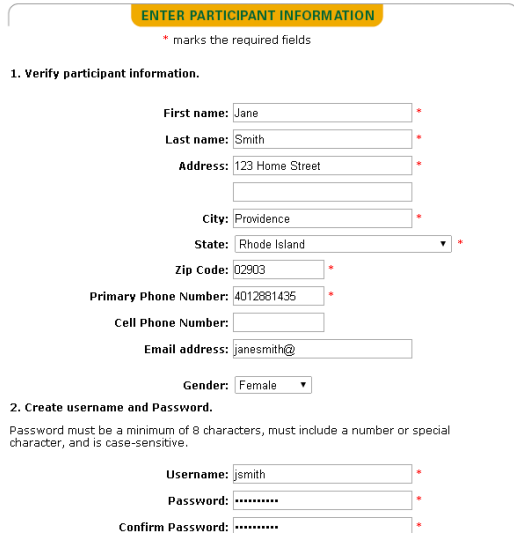
Enter your First Name, Last Name, and Date of birth. Then again to confirm. Then enter your DOB. Use (MMDDYY) format when entering DOB. Then click submit.

You will see the following message:

“There is no record matching this combination of First Name, Last Name, Date of Birth and DOB”

Click Submit again to confirm your participant information and proceed to the next screen.

Step 3



ENTER PARTICIPANT INFORMATION

* marks the required fields

1. Verify participant information.

First name: *

Last name: *

Address: *

City: *

State: *

Zip Code: *

Primary Phone Number: *

Cell Phone Number:

Email address:

Gender:

2. Create username and Password.

Password must be a minimum of 8 characters, must include a number or special character, and is case-sensitive.

Username: *

Password: *

Confirm Password: *

Complete with your home address and zip code.

You will have the opportunity to change the zip code to accommodate your travel/work schedule.

Step 4

Click “Continue”

On the next page you must agree to the terms.

Click “I Accept”

Step 5

Schedule Appointment

Would you like to schedule an appointment at a Patient Service Center?

Yes, I would like to schedule an appointment

YES

No, I would rather visit on a walk-in basis

NO

Wait time for Walk-ins is up to 20 minutes.

PREVIOUS

You MUST select “schedule and appointment”

Walk-ins will not be accepted for the Lab Voucher process.

Step 6

Locate Patient Service Center

This locator helps you find the Patient Service Centers most convenient for your appointment in the United States. Please enter a zip code to search for Patient Service Centers that are within 50 miles of the entered zip code.

“Walk-In Only” indicates that appointment scheduling online is not available for that Patient Service Center.

PLEASE NOTE, NOT ALL PSCS CAN PROVIDE MEASURED BIOMETRICS (HEIGHT, WEIGHT, BLOOD PRESSURE, WAIST CIRCUMFERENCE). IF YOUR PROGRAM REQUIRES THOSE MEASURED VALUES, PLEASE SELECT A SITE WITH “YES” IN THE BIOMETRICS COLUMN IF THERE IS ONE AVAILABLE.

Zip Code: 02903

FIND

Distance	Location	Address	Saturday Hours	Biometrics?		
1.02 Miles	Quest Diagnostics	1 Randall Sq, Providence, RI 02904-2709	No	Yes	more info	Schedule
2.98 Miles	Quest Diagnostics	1352 Smith St, Providence, RI 02911-3349	No	Yes	more info	Schedule
3.46 Miles	Quest Diagnostics	407 East Ave, Pawtucket, RI 02860-5299	No	Yes	more info	Schedule
3.62 Miles	Quest Diagnostics	233 School Street, Pawtucket, RI 02860-5334	Yes	Yes	more info	Schedule
4.13 Miles	Quest Diagnostics	1145 Reservoir Ave, Cranston, RI 02920-6055	No	Yes	more info	Schedule

>

You may change zip codes to find a lab in a different location than your home address.

The system will automatically locate a PSC based on the zip code populated in the system.

Please select a site with “Yes” in the biometric column.

Click “Schedule”



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Step 7

Setup appointment

Quest Diagnostics
1 Randall Sq
Providence, RI 02904-2709

June 2014						
May						July
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

[< PREVIOUS](#) [CONTINUE >](#)

Select your appointment date and time, then click "Continue"

You will receive a confirmation page with your appointment details.

You **MUST** bring your confirmation page with you to your scheduled appointment.

Sunday Jun 8 No Appointments
Monday Jun 9 No Appointments
Tuesday Jun 10 No Appointments
Wednesday Jun 11 No Appointments
Thursday Jun 12 -- select
Friday Jun 13 -- select
Saturday Jun 14 No Appointments